ROCKVILLE SENIOR CENTER

1150 CARNATION DRIVE • ROCKVILLE, MARYLAND 20850 • 240-314-8800

Senior Center Hours

The Rockville Senior Center is open to members and City residents ages 60 and over:

Monday-Friday 8:30 a.m. - 5:00 p.m. Saturday 8:30 a.m. - 1:00 p.m.

Registration for all senior activities (except trips) starts May 11. For trip registration procedure, see page 55.

Rockville's Senior Center is a multi-purpose center which provides a central location for many programs, activities and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center. Membership for residents is \$25/year and for nonresidents it is \$125/year (spouse \$65). For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019.

Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

Milestone: 8/23

Shops at Milestone: Walmart, Target, TJ Maxx, Home

Depot, Giant, Kohls... Kentlands: 5/3

Shops at Kentlands: KMart. Giant. Lowes...

Washingtonian Center: 8/2

Restaurants & Shops at Washingtonian Center: Rio Grande, Macaroni Grill, Joe's Crab Shack, Barnes &

Noble, Target, Kohls, Galyans... Francis Scott Key Mall: 6/21 Lakeforest Mall: 5/24, 9/20 Montgomery Mall: 7/19

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

- 1. Discounts do not apply to the activities appearing in the senior section.
- 2. Discounts do not apply to trips.
- 3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
- 4. For more information, call 240-314-8800
- 5.Discounts are not available on rock enroll

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.01-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, Senior Center membership and emergency taxi coupons is available. You must meet age and income guidelines.

Meal Program: 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.05 Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations. The cost is \$5.00 and transportation is provided.

Suburban Hospital HeartWell Program









If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. The purpose of the program is to teach individuals how to manage their symptoms and reduce the frequency of hospital admissions. A registered nurse is currently at the Senior Center on Mondays, Wednesdays and Fridays. She will see individuals on a walk-in basis from 9 - 11 a.m. and will have appointments in the afternoon.

Ongoing Services: 240-314-8810 (Free unless a fee is listed)

(Clip and save)



Advance Directive Forms: State of Maryland Living Wills and Advance Directives forms are available.

Assistance for Chinese-Speaking Seniors: M-F, 10 a.m.-2 p.m. Call 240-314-8818.

Assistance for Spanish-Speaking Seniors: M-F, 10 a.m.-2 p.m. Call 240-314-8817.

Banking Assistance: Help with check writing, account balancing, service charges and general questions. Call for appointment.

Form Preparation and Assistance: M-F, 9 a.m.-4 p.m. **Grandparents Raising Grandchildren Support Group:** Call for information.

Health Information Using the Internet: A computer is located in the Health Room to research health related topics.

Health Insurance Counseling: Volunteers from Senior Health Insurance Assistance Program (sponsored by Cooperative Extension Service) provide one-on-one counseling on Medicare, Medigap, longterm care insurance, HMO's, claims and appeals. 2nd Wed. Call for an appointment. Drop-ins are welcome.

Health Screenings

A1c (blood sugar test for diabetics): Fee: \$40. Call 1-800-542-5096.

Abdominal aortic: Fee: \$35. Call 1-888-922-2528 for appointment.

Ankle Brachial Index: Fee: \$35. Call 1-888-922-2528 for appointment.

Blood Pressure: 1st & 3rd Wed., 2nd & 4th Mon., 10 a.m.-12 noon.

Body Fat Composition: Every Thurs., 10:30 a.m.-12 noon.

Bone Density: Fee: \$35. Call 1-888-922-2528 for appointment.

Carotid Vascular: Fee: \$35. Call 1-888-922-2528 for appointment.

Glucose: (Fasting Blood sugar) 12-hour fasting recommended. Fee: \$2. Call for appointment.

Hearing Aid Adjustments: Call 240-314-8810 for

appointment.

Hearing Screenings: Call 240-314-8810 for appointment.

Homocystein for vascular fitness: Fee: \$95. Call 1-800-542-5096 for appointment.

HsCRP: (C-reactive protein) for coronary wellness. Fee: \$35. Call 1-800-542-5096 for appointment.

Lipid Profile: (cholesterol) 12-hour fasting recommended. Fee: \$25 or \$21 for seniors. Call 1-800-542-5096 for appointment.

Prostate Specific Antigen: (PSA for prostate cancer) Fee: \$35. Call 1-800-542-5096 for appointment.

VAP: (vertical auto profile test for coronary artery disease) Fee: \$59 or \$55 for seniors. Call 1-800-542-5096 for appointment.

(All screenings at the Senior Center are provided by Adventist Health Care, Family Hearing Center, Healthcare Institute, Hearing Health Care and Suburban Hospital.)

Information and Assistance: M-F, 9 a.m.-4 p.m. Legal Assistance: 1st Thurs., 10 a.m.-12 noon. Call for appointment.

Loan Closet: Medical equipment available for shortterm loan. M-F, 9 a.m.-4 p.m. (Wheelchairs, \$50 deposit.)

Medical Clinic: Mobile Medical Care, Inc. offers physical exams, diagnoses, laboratory tests and health education services. Fees are set on a sliding scale based on income. 1st Tues., 12:30-3 p.m. 3rd Tues., 12:30-5 p.m. Call 301-493-2400 for appointment.

Metro Applications for Senior Citizen Reduced Fare Program (bus and rail): M-F, 9 a.m.-4 p.m.

Metrorail Passes: M-F, 9 a.m.-4 p.m.

Mobile Post Office: Tues., 11 a.m.-12:15 p.m.

Notary Services: M-F, 9 a.m.-4 p.m.

Pet Loan Program: 1st Wed., 10:30 a.m.-12 noon. Companion pets available for loan and/or adoption.

Rockville Emergency Assistance:

Personal assistance when faced with emergency financial difficulties (appointment required).

Services for the Homebound: M-F, 9 a.m.-4 p.m.

Grupo Hispano En El Senior Center de Rockville:

El Grupo Hispano de personas mayors de 60 años del Senior Center de Rockville, les invita a participar de las actividades programadas en Español cada dia. Entre nuestras actividades recreativas contamos con ejercicios fisicos, manualidades y viajes. Se ofrece transportación de puerta a puerta para determinadas areas de la ciudad. No se quede en casa, venga y disfrute de un delicioso almuerzo servido todos los dias a un precio razonable y conozca personas de su edad! El Senior Center de Rockville, cuenta con una oficina de Servicio Social en Español para los que necesiten orientación de donde y como adquirir los beneficios para los abuelitos que califiquen para obtener Seguro Social, SSI, Medicare y Medicaid. El Senior Center de Rockville tambien es visitado por la clinica medica ambulante cada quince dias para prestar servicio de salud a las personas que **No** tienen seguro medico.

Entre nuestras actividades culturales contamos con clase de Inglés Básico, Intermedio y Avanzado, para extranjeros de cualquier nacionalidad. Para mayor información por favor de comunicarse con Miriam Minera al teléfono 240-314-8817 Para mayor informacion comuniquese con Miriam al telefono 240-314-8817.

SENIORS - 240-314-8800 / www.rockvillemd.gov

Senior Computers

All classes will be held at the Rockville Senior Center unless otherwise noted.

Beginners Intro. to Computers

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Basic skills are taught in small classes at a pace to build confidence and encourage further learning. Note: Beginners are eligible to attend the Beginners' Practice Lab and receive further individual instruction every Friday morning from 9:30-11:30 a.m.

Keyboard session: Mon., Aug 9, 10-11:30 a.m. Mouse session: Mon., Aug 9, 12:30-2 p.m.

Word Processing session: Tues. & Thurs., Aug 24 & 26,

10:30 a.m.-12 noon.

#11061 Mon, Tue & Thu No fees

Aug 9-12 10:00 am-12 noon

Keyboard session: Mon., Sept 13 10-11:30 a.m. Mouse session: Mon., Sept 13, 12:30-2 p.m. Word Processing session: Tues. & Thurs.,

Sept 28 & 30, 10:30 a.m-12 noon.

#11062 Mon. Tue & Thu Sep 13-16

No fees 10:00 am-12 noon

Clarify Computer Concepts

Now that you have completed the Beginners Introduction to Computers, learn what comes next. This class will reinforce what you were taught and demystify all the new concepts and terms that you have encountered. After this class you will be ready for Computer Essentials and the magic of the Internet, e-mail and much more.

#11095 Mon Jul 12

\$6(M)/\$8(N) 10:00 am-12 noon Conway

#11096 Wed Sep 8

10:00 am-12 noon \$6(M)/\$8(N) Conway

Computer Essentials

Build the necessary foundation toward a better understanding of computer terms and uses. This class is a springboard toward a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts

Prerequisite: Clarify Computer Concepts #11103 Tue & Thu Jun 29-Jul 6

\$18(M)/\$23(N) 10:00 am-12 noon Bender

E-mail

Learn how to set up an address book, how to send attachments, photographs, signatures and group mail. A discussion of Hotmail will be included. Note: \$2 materials fee payable to instructor at class.

Prerequisite: Computer Essentials and Understanding Windows.

#11110 Tue & Thu Sep 7-14

\$20(M)/\$26(N) 10:00 am-12 noon Bender

Find, Save & Use Help

Are you having trouble finding your documents after you've saved them? Is it hard to remember how to do something on your computer? Learn how to create and locate your own personal files and how to search for your letters, e-mails or photos. For those times of trouble, learn to use Windows Help.

#11249 Tue & Thu Sep 7 & 9

\$6(M)/\$8(N) 1:00 pm-3:00 pm Martin

Internet

Get online via the Internet and get connected to the information age. Through Internet Explorer, discover how to use the Internet to find free software, health information, purchasing information, product and price comparisons and much more.

Prerequisite: Computer Essentials and Understanding Windows.

#11113 Tue & Thu Aug 10-19

10:00 am-12 noon \$25(M)/\$32(N) Bender

Simple Word Processing

Learn to use Notepad and WordPad, two relatively simple word processing programs. WordPad will allow you to embed and annotate any picture that appears on your screen and then attach it to e-mail. Note: Typing skills are not needed.

Prerequisite: Beginners Intro to Computers plus a familiarity with basic word processing functions such as delete, backspace, cut and paste or Clarify Computer Concepts Class.

#11180 Tue & Thu Jul 6 & 8

\$6(M)/\$8(N) 1:00 pm-3:00 pm Martin

Understanding Windows

This introduction will prepare you for all the computer programs you might use. Learn more about the menu bar, task bar, start button, shortcut keys, filing systems, icons and using Windows Explorer. Note: \$10 manual fee payable to instructor at class.

Prerequisite: Computer Essentials #11125 Mon & Wed Jul 19-Aug 2

\$30(M)/\$37(N) 10:00 am-12 noon Bender

Windows - Paint

The Paint Program is part of Windows. Copy and edit any picture that appears on your screen and add your own caption, or draw your own picture. Once saved, you can later attach your pictures to e-mails; any recipient using Windows will be able to open and see your pictures.

Prerequisite: Beginners Intro to Personal Computers plus familiarity with basic word processing programs or the Clarify Computer Concepts Class.

#11183 Tue & Thu Aug 3 & 5

\$6(M)/\$8(N) 1:00 pm-3:00 pm Martin

Senior Fitness & Sports

Registration deadline for all activities is one week prior to the start of the class unless otherwise noted. All classes will be held at the Rockville Senior Center unless otherwise noted.



A complete physical check up by your doctor is recommended before starting any new exercise program. If your blood pressure is not already on file at the Senior Center, please have it taken by the nurse or Wellness

coordinator in the Health Room. Wear comfortable clothing and a flat, soft-soled shoe (preferably tennis shoes) for all exercise classes.

Arthritis Foundation's PACE

People with Arthritis Can Exercise (PACE), designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

6 weeks.

#10873 Thu Jun 24-Jul 29

\$14(M)/\$18(N) 1:00 pm-2:00 pm Cristiano

Ball Dynamics

Be a pioneer. This is an innovative exercise program which uses large Swiss balls for aerobic and resistance training. You can improve your balance, coordination, circulation, strength and flexibility at your own pace. All these benefits are possible while having fun.

No class 7/5. 6 weeks. #10874 Mon & Wed Jun 30-Aug 11 \$21(M)/\$26(N) 1:15 pm-2:00 pm

Cristiano

Cristiano

Bocce Ball Club

Bocce is a game which is easy to learn and can be enjoyed at all levels. We have a great new court and have formed a club. Anyone interested in joining a team or forming one of your own should contact Joyce at 240-314-8822 to make arrangements.

Ongoing.

#10875 TBA No fees Galasso

Chair Exercise

Exercises are gentle and designed to start slowly and build gradually. The program is done seated and is for both men and women. Patterns are designed for those with limited mobility to help you develop strength, flexibility and endurance, as well as to promote better circulation. All movements are performed to music.

No class 7/5. 6 weeks. #10876 Mon & Wed Jun 30-Aug 11 \$21(M)/\$26(N) 11:00 am-12 noon

Fitness Club

Get fit by working out in our state-of-the-art Fitness Room! We have Hammer Strength exercise equipment, electronic treadmills, stationary bikes, rowing machines, Stairmaster, elliptical trainers, and Health Rider. To join the Fitness Club, you must be a Senior Center member and you must complete the Exercise Machine Training Course. A file drawer is available to keep individual records. If you are already a member of the Fitness Club and need a refresher course on the equipment, workshops are offered periodically. (See sign-up sheets on desk outside room.)

Note: There is an annual \$25 fee to use the Fitness Room, payable when you renew your center membership.

Hours: Monday through Friday: 8:30 a.m.-4:50 p.m. Saturday: 8:30 a.m.-12:50 p.m.

SENIORS - 240-314-8800 / www.rockvillemd.gov

Exercise Machine Training

Are you interested in becoming a Fitness Club member and learning how to use our exercise equipment? Instruction is offered by appointment. Register for the month desired and you will be contacted for an appointment time within the time frame indicated below. After training, use the Fitness Room at your convenience by scanning your membership card at the information desk.

#10903 Mon-Thu Jun 7-Aug 26

\$22 10:00 am-5:00 pm Klopfer

Game Room

Pool tables, table tennis table and dart board are available daily at the Rockville Senior Center for your enjoyment. Practice games, clinics, instruction and tournaments are periodically set up for your participation. Sign out keys for the equipment in the office.

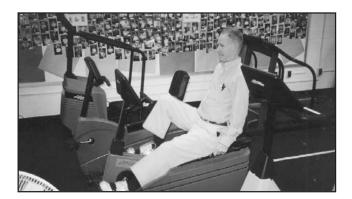
FOR MEMBERS ONLY: Mon-Fri: 8:30 a.m.-4:50 p.m. Sat: 8:30 a.m.-12:50 p.m. Table tennis is available at Twinbrook Community Recreation Center on Wednesdays from 9-10 a.m.

Horseshoe Tournament

#10904 Thu Jun 24 No fees 10:00 am-11:00 am Cristiano

Bocce Ball Tournament

#10905 Thu Jul 22 No fees 10:00 am-11:00 am Cristiano



Maryland Senior Olympics

Go for the Gold! The 26th Annual Senior Olympics will be held at Towson State University September 23, 24 & 25. Events include: aquatics, archery, badminton, basketball, cycling, billiards, bowling, golf, horseshoes, racquetball, table tennis, tennis and track and field. Competitors must use state-provided Olympic registration forms available at the Senior Center. The registration fee must be paid directly to Maryland State Senior Olympics. Registration deadline is 8/15. Inform Joyce (240-314-8822) of all the medals you win.

#10906 Thu-Sat Sep 23-25 No fees 9:00 am-5:00 pm

Personal Trainer

An AFAA certified personal trainer will evaluate your needs and design an individualized program for you using the Hammer Strength machines as well as other equipment. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: You already must have been trained on the equipment. (See Exercise Machine Training.)

1 One-Hour Session

#10899 Mon, Wed & Fri Jun 7-Aug 27 \$33 10:00 am-5:00 pm Klopfer

2 One-Hour Sessions

#10900 Mon, Wed & Fri Jun 7-Aug 27 \$55 1:00 pm-5:00 pm Klopfer

Senior Co-Rec Softball Team

Our Rockville team competes with other senior teams in the Montgomery County Senior Softball League. Games are held on Wed. mornings. Check Senior Center calendar for games and times. Come out and cheer us on.

#10901 Wed Jun 2-Jul 28

No fees 9:00 am-11:00 am Staub

Spring Bazaar & Yard Sale

Sponsored by Rockville Seniors, Inc.

Saturday, May 15 • 9 a.m. - 1 p.m.

Rockville Senior Center

1150 Carnation Dr., Rockville, MD 20850

240-314-8800

Indoor • Air Conditioned

Refreshments • Bake Sale • Computer Sale • Household Items
Thrift Shop • Gift Shop • Plant Sale • Arts and Crafts

Senior Duffers

Enjoy a fun-filled season of great golf. Play is arranged at local golf courses with 'away' golf scheduled once a month. All levels of ability are invited to join. However, this is not a teaching activity. Note: Only new members need to register.

No class 7/5. Ongoing.

#10902 Mon Jun 7-Oct 25 \$15(M)/\$19(N) 8:00 am-1:00

8:00 am-1:00 pm Staub

Senior Fit

Improve your health and become more independent with the help of an experienced exercise physiologist. The class is sponsored by Holy Cross Hospital and Kaiser Permanente and includes periodic fitness assessments and health education. Note: New participants must register and must have a signed doctor's certificate before beginning. Forms are available in front office.

No class 7/5. Ongoing.

#10894 Mon & Wed Jun 7-Sep 1

No fees 1:30 pm-2:15 pm Cowie

No class 7/5. Ongoing.

#10895 Mon & Wed Jun 7-Sep 1

No fees 2:20 pm-3:05 pm Cowie

Senior Fitness Walkers

Get in the habit of walking. Walking is good for the mind, body and soul. Increase the number of steps you walk daily and gain a healthier lifestyle and receive an incentive gift. Meet with our staff once a week to walk, get information, support and turn in daily log sheets. Note: A pedometer will be available (or bring your own) to count daily steps.

#10881 Thu Jun 24-Jul 29

\$8(M)/\$10(N) 9:30 am-10:30 am Cristiano



Senior T'ai Chi Ch'uan

This physical exercise program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers a relaxation technique, breathing routine and range-of-motion routine. Class will include T'ai Chi Chi'- Kung and simplified 24 movements of T'ai Chi Ch'uan. Both are easy to learn.

No class 7/1, 7/6, 7/8, 7/13. 6 weeks. #10883 Tue & Thu Jun 22-Aug 12 \$24(M)/\$30(N) 10:00 am-10:50 am

Tuanmu

Soft Aerobics

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain.

6 weeks.

#10884 Tue & Thu Jun 29-Aug 5 \$21(M)/\$26(N) 11:00 am-12 noon

Staub

Toning Table Training

Training is required to use the toning tables located in the Fitness Room. Instruction is offered by appointment. Sign-up sheets are available on the desk outside the Fitness Room. Note: To use the toning tables, you must wear long pants and socks and bring a towel.

#10898 Thu Jun 3-Aug 12

No fees 10:00 am-11:00 pm Cristiano

Total Conditioning Workout

This strength building, non-cardio fitness class is for both men and women. It offers a mental and physical workout designed to produce improvement in strength, flexibility and balance. The workout intensity may be modified to suit any fitness level. Instructor is ACE and AIFE certified.

No class 7/5. 6 weeks. #10887 Mon & Wed Jun 28-Aug 9 \$21(M)/\$26(N) 9:00 am-10:00 am

Hussmann

Yoga

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

6 weeks.

#10889 Fri Jun 25-Jul 30 \$23(M)/\$28(N) 9:50 am-10:50 am

Figlure

SUMMER 2004 SENIORS

Senior Health & Wellness

All classes will be held at the Rockville Senior Center unless otherwise noted.

ABCs of Skin Cancer

Join dermatologist Todd Perkins to learn about moles, skin lesions and about how often you should do a skin check and for what you should be looking. Bring your questions about skin diseases and cosmetic dermatology.

#10933 Thu Jul 15 No fees 1:00 pm-2:00 pm

Balance and Fall Assessment

A Physical Therapist from Suburban Hospital will talk about ways to prevent falls which are a leading cause of injury and debilitation in the senior population. He will discuss diagnostic equipment that is used for assessment and rehabilitation of various balance disorders like vertigo, multiple sclerosis and Parkinson's Disease.

#11285 Wed Sep 15 No fees 11:00 am-12 noon

Health Care Web Sites

Decisions about your health care and wellness should be based on reputable sources of medical information. If you use the Internet for health information, you need to understand how to choose Web sites that provide high-quality information. Debbie Skolnik, Library Director of Suburban Hospital, will teach you the criteria for evaluating health care information from Web sites and introduce you to a selection of Web sites that meet these criteria.

#10930 Tue Jul 13 No fees 10:00 am-11:30 am

Joint Replacement

Staff from the Joint Replacement Program at Suburban Hospital will discuss hip and knee replacement surgeries, often for arthritic conditions. Within months, most of these patients are able to resume active, painfree lifestyles. In this lecture, staff will talk about some of the new minimally invasive procedures now being done as well as the new medications available. They will stress the importance of exercise and rehabilitation before and after surgery and answer your questions about joint replacements.

#10931 Thu Sep 23 No fees 1:00 pm-2:00 pm

Medicare 2004 and Beyond

Find out what you need to know about Medicare benefits and costs as well as those services not currently covered by Medicare. Be prepared for changes. Presented by Senior Health Insurance Assistance Program.

#11264 Wed Sep 1 No fees 10:00 am-12 noon

Save Your Feet

Your feet deserve to stay healthy and comfortable shoes can help! Let a master shoe maker show you how to stretch, pad or adapt your shoes to your feet. Orthotics will be discussed and a bunion stretcher will be demonstrated. Bring a pair of your worst shoes. Presented by the Rockville Shoe Hospital.

#10965 Tue Sep 14 No fees 10:15 am-11:30 am

Shoulder Pain

Dr. David Smink will review the anatomy and physiology of the shoulder and describe some of the common problems associated with the shoulder, particularly in the senior population. These include torn rotator cuffs, frozen shoulder and arthritis. New surgical techniques and medication are on the market and he will describe some of these new treatments and rehabilitative strategies for better movement.

#10932 Thu Aug 19 No fees 1:00 pm-2:00 pm



NEW TO ROCKVILLE?

The City of Rockville Department of Recreation and Parks invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages.

Want to learn more?

Please give us a call at

240-314-8620 . . . you are important to us!

Senior Recreation

All classes will be held at the Rockville Senior Center unless otherwise noted.

AARP Defensive Driving

Sponsored by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road, accident prevention and insights into personal driving abilities. Check with your insurance company because many graduates of this two-day course receive a discount on auto insurance. Note: \$10 class fee payable to AARP due with registration. Register by: 6/30

#10846 Mon & Wed Jul 12 & 14 No fees (N) 10:00 am-3:00 pm

Astonishing People Too

Come join us as we share the adventures of Jerry Parr, Service Secret Agent. He was there during the assassination attempt on President Reagan and guarded Emperor Hirohita and Queen Elizabeth to name a few. He has lived a life we only have read about, and wants to share his experiences with us. Come listen and learn from someone who has actively participated in our recent history. Register by: 6/18

#11324 Mon Jun 28 No fees 10:00 am-12 noon

Birthday and Anniversary Parties

Mark your calendar! Celebrate summer birthdays and anniversaries with great entertainment and light refreshments. Register one week prior to each party.

July Birthday and Anniversary Party

Sponsored By: Willing 3C's Senior Club and Betty Lloyd. Entertainment by: Charlie & Jo Register by: 6/25 #10871 Wed Jul 7

No fees 1:30 pm-3:00 pm

August Birthday and Anniversary Party

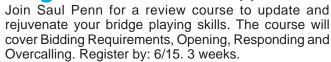
Sponsored by: Louise Gregory, Flo & Tom Warmack, Isabel Simmons,

Entertainment by: Anne Berks Rockettes of Ages Register by: 7/28.

#10872 Wed Aug 4

Bridge - Review Course NEW

1:30 pm-3:00 pm



#10928 Wed Jun 23-Jul 7

\$28(M)/\$35(N) 10:30 am-12:30 pm Penn

Classical Music Appreciation

Romantic Music for the Wedding Month

Some composers have written specific wedding music (Mendelsohn and Wagner), but there is lesser known wedding music as well as lots of beautiful romantic themes and ballads by Grieg, Tchaikowsky, Rachmaninoff and others. Register by: 6/9.

#10843 Wed Jun 16 No fees 1:00 pm-2:30 pm Stein

Independence Day Music

Hear lots of appropriate music and rousing marches by Sousa, Goldman and Gould. You may not be able to Handel the Royal Fireworks Music, but you will hear that too. Register by: 7/14.

#10844 Wed Jul 21 No fees 1:00 pm-2:30 pm

No fees 1:00 pm-2:30 pm Stein

Music to Cool Off By

Surely the classical composers went through their own 'dog days of August.' Why else would there have been so much music written about water, rain, snow and wind? We will hear selections by Strauss, Tchaikowsky, Smetana, Rossini and Beethoven. We also will learn if wind instruments can really cool us off, or whether Murray just has the brass to string us along. Register by: 8/11.

#10845 Wed Aug 18 No fees 1:00 pm-2:30 pm Stein

Cool Cooking NEW

Put the chill on summer by making dishes that can be prepared in advance such as salads of orange shrimp, chilled pasta and layered berry. To the delight of the participants, the cool cook will include the preparation of perfect sandwiches for summer and a sweet ending of strawberry lemon parfait.

Register by: 7/19.

#10907 Mon Aug 2

\$25(M)/\$31(N) 10:00 am-12 noon Beck

Donna Dewberry One Stroke Painting

Our instructor is trained in the Donna Dewberry One-Stroke Painting method. She will share her skills and techniques with us in this two-day session. In this beginning level class, you will be introduced to the basic strokes needed to paint in this style.

Register by: 7/5. 2 classes.

#10848 Mon Jul 19 & 26

\$55(M)/\$68(N) 10:00 am-12:30 pm

No fees

SUMMER 2004 SENIORS

Glass Fusing Continued

Eileen Martin is back again and this time she has a really new project for us. We'll be making wind chimes, using various types of stained glass. These will then be kiln fired and brought back to you the following week. You'll love the look and sound of this unique chime as it catches the gentle breezes.

Register by: 7/30

#11331 Tue Aug 10

\$40(M)/\$50(N) 12 noon-2:00 pm

Group Piano

Lessons, offered at different levels, teach the rudiments of rhythm, theory and note reading. Pianos are available for each lesson and for practice. Note: Prerequisite for all classes is completion of spring season's class.

Advanced Intermediate

Register by: 6/3. 4 weeks.

#10908 Tue Jun 15-Jul 6

\$42(M)/\$52(N) 10:00 am-11:00 am Butenhoff

Elementary

Register by: 6/3. 4 weeks.

#10909 Tue Jun 15-Jul 6

\$42(M)/\$52(N) 11:00 am-12 noon Butenhoff

History Lesson-California Trail

Continue your history lesson along the California Trail. Charles Burroughs will be here to lead the journey for us. With all the focus on Lewis and Clark and their incredible adventure, we want to be sure we learn about the other many adventures that took place on our Westward passage. Saddle up your pony and join us as we continue on our journey through history.

Register by: 6/14.

#11325 Tue Jun 22 No fees 10:00 am-11:30 am

History Lesson-Custer's Last Stand



Professor McDermott, of Montgomery College, will be here with slides and a narrative presentation focusing on the events and landscape involved in the defeat of General Custer at Little Big Horn River. Find out what happened on this day that is still so vivid in our country's history.

Register by: 8/3

#11326 Tue Aug 17 No fees 10:00 am-12 noon

Let's Dig Rockville

Mary Gallagher and Genie Robinson, Professors at Montgomery College, will be here to bring us up to date on the Watts Branch Dig that is going on near the Center's backyard. Find out what artifacts are being discovered, how they are dated, and what the findings are telling our anthropologists about life in Rockville when it was just Rock. Get information about participating in local digs and just what it takes to 'dig' Rockville.

Register by: 7/22

#11329 Thu Jul 29 No fees 10:00 am-11:30 am

Shibori Scarves NEWE

Join Donna and learn to make these incredibly beautiful silk scarves in the ancient Shibori way. We've updated the techniques to make them easier and faster. This method uses twisting, knotting, folding, and a few simple stitches to create patterns in the silk. The original tiedye! We'll make two silk scarves for you to take home.

Register by: 7/23

#10849 Fri Aug 6

\$25(M)/\$31(N) 10:00 am-12 noon Weeks

Spectacular Pictures of Our Universe



Our own science wizard, Murray Stein, will show some amazing videos taken through the Hubble Space Telescope. He will explain, in very simple terms, what you are looking at and how the pictures were made. This class will fill quickly so register early.

Register by: 7/14

#10927 Wed Jul 21 No fees 10:15 am-12 noon Stein

Watercolor Cards NEW

No painting experience necessary to make these lovely, one-of-a-kind cards. We'll use rubber stamps for our designs and then simply fill in with watercolors of our choice. These are fun to do, simple to make and are suitable for framing as well as giving.

Register by: 6/11

#10850 Fri Jun 18

\$14(M)/\$18(N) 10:00 am-12:15 pm Weeks

Watercolor on Silk-Intermediate

Our first class was so successful that we are back again with the next level of painting on silk. Remember you don't have to have any painting experience to do this class. We'll review using resists, silk paints and the painting process. You can practice first, then make a silk pillowcase and a silk scarf of your own design. Watercolor on silk is fun, easy to do and very rewarding.

Register by: 7/29

#11330 Thu & Fri Aug 12 & 13 \$30(M)/\$38(N) 10:00 am-12 noon

Watercolor with a Splash

This class will address color, shape and composition. Creative use of subject matter and developing your personal approach will be emphasized. Get inspired for your summer painting! Note: Class open to those who have taken an experimental, beginner or advanced watercolor class.

Register by: 5/27. 2 classes #10847 Tue & Thu Jun 8 & 10

\$18(M)/\$23(N) 10:00 am-12 noon Ely

Woodworking - Furniture 101 NEW €

Take the next step in developing your woodworking skills by building a beautiful Nantucket bench, which also can serve as a coffee table. This country classic is one of the oldest forms of furniture in existence. Note: Students will be required to purchase approximately 12 board feet of wood of their choice to bring to class. Introduction to Woodworking or equivalent experience prerequisite.

Register by: 6/18. 5 weeks

#10862 Wed Jul 7-Aug 4

\$65(M)/\$82(N) 10:00 am-1:00 pm Fonoroff

Woodworking - Snack Shop Bird Feeder

Get ready for the fall with this easy-to-build bird feeder, designed by a songbird specialist to appeal to a variety of birds and their feeding habits. Note: \$15 material fee due to instructor at first class. Intro to Woodworking or equivalent experience prerequisite.

Register by: 7/21. 2 sessions

#10863 Tue & Wed Aug 10 & 11

\$44(M)/\$55(N) 10:00 am-1:00 pm Fonoroff

Find a mistake?

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.

Senior Special Interest Classes

All classes will be held at the Rockville Senior Center unless otherwise noted.

\$ Workshops for Individual Investors

Do you want to learn more about setting realistic financial goals, making wise investments and avoiding unexpected financial risks? This workshop will provide an in-depth look at many different types of investments. Participants will learn how to increase investment income, reduce taxes on investments and participate in the stock market. Taught by Patrick Berger, Edward Jones. Note: \$8 materials fee due to instructor on the first day of class.

#10966 Tue Jun 29-Aug 3

No fees 1:00 pm-2:30 pm

Conversational French for Beginners

Learn French in the same way you learned your native language; by listening and repeating phrases. No books, no handouts and no English in the classroom. Individual participation in a question and answer motif will be used. Even if you have studied French in school, this look, listen and repeat system will enable you to think in the French language without the necessity of silent translating.

#11279 Mon, Wed & Fri Jun 21-Jul 2 \$35(M)/\$40(N) 10:00 am-12 noon Bender

English Classes

English classes are available for seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Classes include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability. Note: **STUDENTS MUST REGISTER IN PERSON ON WEDNESDAY, May 19 at 10:30 a.m.** Classes begin the week of July 12 and end Sept 17.

Beginners

#11148 Mon, Wed & Fri Jul 12-Sep 17 \$10(M)/\$13(N) 11:00 am-12 noon

Advanced

#11164 Wed Jul 14-Sep 15 \$10(M)/\$13(N) 10:00 am-12 noon

Estate Planning & Elder Law

Learn the basics of estate planning, wills, revocable living trusts, powers of attorney and living wills. Long term care and Medicaid planning also will be discussed. Presented by Ed Biggin, Attorney at Law.

#11302 Thu Jul 15 No fees 1:00 pm-3:00 pm SUMMER 2004 SENIORS

Identity Theft

You've probably been hearing the words 'ID (Identity) Theft' but do you know what it is, how it happens and how to avoid having your identity stolen? Come learn all you need to know about the latest consumer scam from an Investigator with Montgomery County's Division of Consumer Affairs.

#10967 Thu Jul 15 No fees 10:15 am-11:30 am

Spanish Reading & Writing

Reading and writing activities will improve your Spanish vocabulary. By reading elementary texts you will improve your ability to read, understand, speak and write in Spanish. Some experience with Spanish is required.

#11258 Tue & Thu Jul 20-Aug 19 \$40(M)/\$45(N) 10:00 am-12 noon Vera

SENIOR CENTER TRIPS

REGISTRATION PROCEDURE FOR ALL TRIPS:

To continue to provide fair policies to manage the increasing participation in Senior Trips, an In-Person Lottery Registration will be held on Wednesday, May 12, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 and 10:30 a.m., with numbers called in random order starting at 10:30 a.m. Registrations will be accepted at the Senior Center ONLY. Mail-in or walk-in registrations will be accepted at the Senior Center on Monday, May 17, on a space-available basis. Note: Individuals may register for themselves and for ONE OTHER INDIVIDUAL. The cost listed as member/nonmember is the registration fee, payable the day of registration. Senior Center membership dues must be current through start of course to receive member fee. List your departure point on the designated transportation space.

Trip Departure/Return Information

Departure/return locations for all trips are:

- For those who need parking: Glenview Mansion Complex, Lower Lot
- For those residing in the building and/or complex: The bus will not stop at these points unless residents from the respective buildings are registered for the trip:



- 90 Monroe St.
- 199 Rollins Ave.

Specific departure times will be available at trip registration on May 12.

Senior Day Trips

Big Bands Are Back

In a salute to the Forties, Big Band music is back. Enjoy a fabulous lunch and then a 90 minute show by the Skyline City Band with featured singers for a nostalgic trip down memory lane. The music of Glenn Miller, Benny Goodman and Tommy Dorsey are featured as well as the song styling of the Andrews Sisters and Mills Brothers. LaFountaine Bleu in Glen Burnie will never be the same! Join us for an afternoon of special music and memories. Trip includes leadership, transportation, full course lunch and show.

#10924 Wed Sep 22 9:30 am-4:30 pm

\$67(M)/\$84(N) Depart from: GM

Crustacean Celebration

Phillips Foods presents Baltimore's only seafood manufacturing plant tour where they make 80,000 crab cakes a day! Take a guided tour through the new world headquarters and experience the whole process of how Phillips makes their award-winning signature goodies. After our tour in Locust Point, we'll travel five minutes to Phillips Harborplace Restaurant for an all-you-caneat buffet. There will be some time at the end of the day to enjoy the Harborplace sights and shops. Come enjoy Baltimore at its best. Trip includes tour, buffet, leadership and transportation.

#10926 Thu Jul 8 8:15 am-4:15 pm

\$56(M)/\$70(N) Depart from: GM

Frederick Keys Game

'Play Ball!' It is time for our annual trip to Frederick to watch minor league baseball at its best. See future Baltimore Orioles gain professional experience in a smaller, more intimate stadium as they play the Winston Salem Warthogs team. The cost includes box seat tickets and transportation. Bring money for hot dogs and peanuts.

#10910 Wed Jun 23 4:50 pm-11:00 pm

\$18(M)/\$23(N) Depart from: SC

Redskins Training Camp

This is a must trip to get an early view of the new faces at Redskin Park. We will be up close and personal with the Washington Redskins at their training camp. Wear your burgundy and gold, and practice your football cheers. Date and time are tentative depending on the Redskin training camp schedule which is not published until June. Sign up now and you will be notified of the details. Bring money for dinner and souvenirs. Go Redskins!

#10915 TBA 2:30 pm-8:30 pm

\$20(M)/\$25(N) Depart from: SC

Shenandoah Valley's Best Day Trip

There's something for everyone in the Shenandoah Valley of Virginia. We begin our day with a tour of the Museum of American Presidents in Strasburg and then we travel to Middletown for lunch at the historic Wayside Inn. After lunch we will stroll down the street, past the Route 11 Potato Chip Factory (yumm) and antique shops to the Wayside Theatre. This is Shenandoah Valley's premiere professional theatre and their production of 'The Importance of Being Ernest,' a comedy by Oscar Wilde, will end our day with a smile and a laugh. You won't want to miss this perfect day. Trip includes museum tour, lunch, leadership, theatre ticket and transportation.

#10921 Wed Jul 28 8:15 am-7:00 pm

\$75(M)/\$94(N) Depart from: GM

Spirit of Washington II Cruise

Say Bon Voyage to boring and enjoy a high-energy funfilled afternoon. Come aboard and dine, dance and be treated to top-notch entertainers, view our wonderful Washington skyline, and play bingo for prizes. So plan to join us on the Potomac River to celebrate the beginning of summer! Trip includes transportation, leadership, buffet lunch, cruise and entertainment.

#10920 Wed Jun 16 10:15 am-3:30 pm

\$59(M)/\$74(N) Depart from: GM

The King and I at Wolf Trap

Join us for a very special evening! We have orchestra seats on opening night to see 'The King and I.' This new production of the Rodgers & Hammerstein classic stars Sandy Duncan as Anna. Listen to favorites such as 'Shall We Dance,' 'Hello Young Lovers,' and 'Getting To Know You.' The original production won five Tony Awards and this show promises to be just as wonderful! We will have dinner at Ruby Tuesdays in Rockville before traveling to Wolf Trap. Note: \$23 payable day of trip. Trip includes dinner, leadership, show and transportation.

#10922 Tue Aug 31 4:15 pm-11:59 pm

\$82(M)/\$104(N) Depart from: GM

Topiary Gardens of Ladew

We will travel north to Baltimore County to enjoy 22 acres of one of the most outstanding topiary gardens in America. The house and gardens are on the National Register of Historic Places and the world famous topiary hedges feature a life size fox hunt with horse and rider. There are 15 beautiful gardens each with its own theme to explore after a house tour and lunch in the Cafe. Trip includes tour, lunch, leadership and transportation.

#10929 Mon Jun 28 8:00 am-4:00 pm

\$57(M)/\$72(N) Depart from: GM

Senior Overnight Trips

Cacapon Resort State Park Adventure

Fall foliage will be brilliant making this the perfect time to travel to wild and wonderful West Virginia. In addition to the 18-hole championship golf course, Cacapon State Park offers tennis, hiking, volleyball and fishing. Appointments for massages in Berkley Springs will be made for those interested. Other activities available include: a hay ride, marshmallow roast, line dancing, crafts with Rusty, sing-along, shopping and programs presented by the park naturalist. Indicate roommate, if known, on registration form and if you are a golfer or non-golfer. Trip includes: Three nights lodging, TV, three breakfasts and dinners, gratuities, taxes, leadership and bus transportation. Golf fees are paid directly to the pro shop. \$50 deposit due with registration. Balance due at pre-trip meeting on Sept. 13, at 1:30 p.m., at the Senior Center.

#10925 Mon-Thu Oct 11-14 9:00 am-4:00 pm

\$338(M)/\$423(N) Depart from: GM